

Fruit Parfait5

Number of Servings: 5 (359.34 g per serving)

Amount	Measure	Ingredient
30.00	oz	Yogurt, vanilla, nonfat, light, w/asp
2 1/2	cup	Strawberries, fresh, sliced
2 1/2	cup	Blueberries, unswtnd, fzn, pkg
1.00	cup	Cereal, granola, w/o raisins, low fat
5.00	Tbs	Nuts, almonds, slivered

Nutrients per serving

Nutrition Facts	
Serving Size (359g)	
Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 150mg	6%
Total Carbohydrate 50g	17%
Dietary Fiber 6g	24%
Sugars 28g	
Protein 9g	
Vitamin A 8%	Vitamin C 90%
Calcium 30%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Layer yogurt and fruit alternately into clear glasses (looks nice in clear glass) and refrigerate. Just before serving add 3 T granola and 1 TBSP slivered almonds o the top of each serving.
1 serving = ~1 3/4 cup serving = 3 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Holding :

- Hold for cold service at an internal temperature of 41 F or lower.